ARE YOU STRESSED?

Are you stressed?

(This test is not meant to replace a clinical assessment – these questions are intended to help you judge how you are doing. If you score as stressed you should take steps to reduce the amount of stress in your life and you may also need to seek professional help.)

Answer these twenty questions: Yes or No.

1. Do you frequently neglect your diet?

   Yes    No

2. Do you frequently try to do everything yourself?

   Yes    No

3. Do blow up easily and often?

   Yes    No

4. Do you frequently seek unrealistic goals?

   Yes    No

5. Do you frequently fail to see the humor in situations others find funny?

   Yes    No

6. Do you frequently and easily get irritated?

   Yes    No

7. Do you frequently seem to make a "big deal" of everything?

   Yes    No

8. Do you frequently complain that you are disorganized?

   Yes    No
9. Do you tend to keep everything inside?
   Yes  No

10. Do you frequently neglect exercise?
    Yes  No

11. Do you have few supportive relationships?
    Yes  No

12. Do you often get too little rest?
    Yes  No

13. Do you frequently get angry when you are kept waiting?
    Yes  No

14. Do you often ignore stress symptoms?
    Yes  No

15. Do you frequently put things off until later?
    Yes  No

16. Do you frequently think there is only one right way to do something?
    Yes  No

17. Do you often fail to build relaxation into every day?
    Yes  No

18. Do you frequently find yourself spending a lot of time complaining about the past?
    Yes  No
19. Do you often find yourself racing through the day?

Yes  No

20. Do you often feel unable to cope with all you have to do?

Yes  No

_____________________________________________________________

Add up the questions you answered “yes” to.

**Your score today is = _____**

Scores of 1-6 - Few Hassles

Scores of 7-12 - Pretty Good Control

Scores of 13-17 - Danger Zone. Watch out!

Scores of 18+ - Stressed Out. Take steps to reduce the stress in your life now.